

# Life after survival of a cardiac arrest : the brain is the heart of the matter

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# Life after survival of a cardiac arrest

## **The brain is the heart of the matter**

Véronique Moulaert

1. Cognitive impairments are common after cardiac arrest but are frequently not recognised.
2. After the acute phase, survivors of cardiac arrest should be primarily approached as neurologic patients.
3. Quality of life after cardiac arrest is mainly determined by the neurological consequences of a cardiac arrest.
4. Aftercare which focuses on detecting and managing the cognitive and emotional consequences of a cardiac arrest improves quality of life and should be offered to all cardiac arrest survivors.
5. The 'chain of survival' must be completed with a fifth link called 'Rehabilitation'.
6. A 'good outcome' on the Cerebral Performance Categories (CPC) does not mean that there are no problems.
7. 'Wat je niet kent herken je niet'\* geldt ook voor cognitieve stoornissen.

\* Prof. dr. H.J.J. Wellens

8. You have to make friends with your data,\* but you should never forget to make dates with your friends.

\* Andy Field, Discovering Statistics using SPSS

9. L'essentiel est invisible pour les yeux\*

\* Antoine de Saint-Exupéry, Le Petit Prince